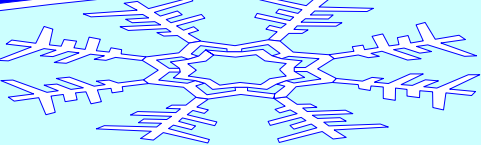
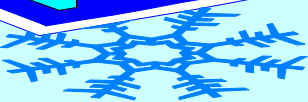


WINTER



2012



ARMY SAFE
IS ARMY STRONG

HOLIDAY STRESS



Video

WINTER SAFETY TOPICS

- **SAFE WINTER DRIVING**
- **COLD WEATHER INJURY**
- **OUTDOOR SAFETY**
- **HOME SAFETY**
- **HALLOWEEN**



VEHICLE SAFETY TOOLS

IMCOM SAFETY WEBSITE

- http://www.imcom-europe.army.mil/webs/sites/staff_org/safety/index.html

ARMY COMBAT READINESS CENTER

- <https://safety.army.mil/>

Watch This Winter Driving Video:

- <https://safety.army.mil/multimedia/VIDEOLIBRARY/VideoPlayer/TabId/421/VideoId/343/Fall-And-Winter-Safety-FY10-Winter-Driving-101-.aspx>

WINTERIZE YOUR VEHICLE

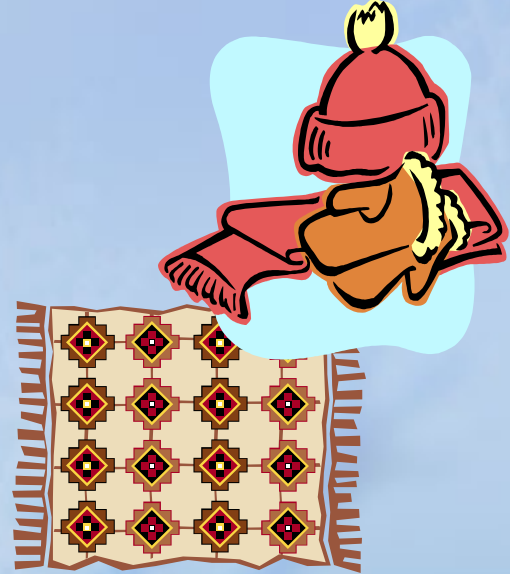
- 🚗 BATTERY
- 🚗 ANTIFREEZE
- 🚗 WIPERS & FLUID
- 🚗 IGNITION SYSTEM
- 🚗 THERMOSTAT
- 🚗 LIGHTS
- 🚗 KEEP AT LEAST ½ TANK OF GAS
- 🚗 ALL SEASON OR WINTER



- 🚗 HAZARD LIGHTS
- 🚗 EXHAUST SYSTEM
- 🚗 HEATER
- 🚗 BRAKES
- 🚗 DEFROSTER
- 🚗 OIL LEVEL

WINTER CAR KIT

- SNOW BRUSH W/ SCRAPER
- FLASHLIGHT W/ BATTERIES
- BLANKET
- MITTENS, SOCKS & HAT
- SMALL SHOVEL
- SACK OF SAND OR KITTY LITTER
- JUMPER CABLES
- HAZARD TRIANGLE
- WINDSHIELD WASHER FLU
- REFLECTIVE SAFETY VEST
- FIRST AID KIT



BE PREPARED

**BRING YOUR
FRIENDS**



**DRESS FOR THE
WEATHER**



AUTOBAHN HAZARDS

Slow your autobahn speed in poor weather - triple your following distance.



AUTOBAHN HAZARDS

Most autobahn accidents occur at the exits. Anticipate tight curves and ice - slow down.



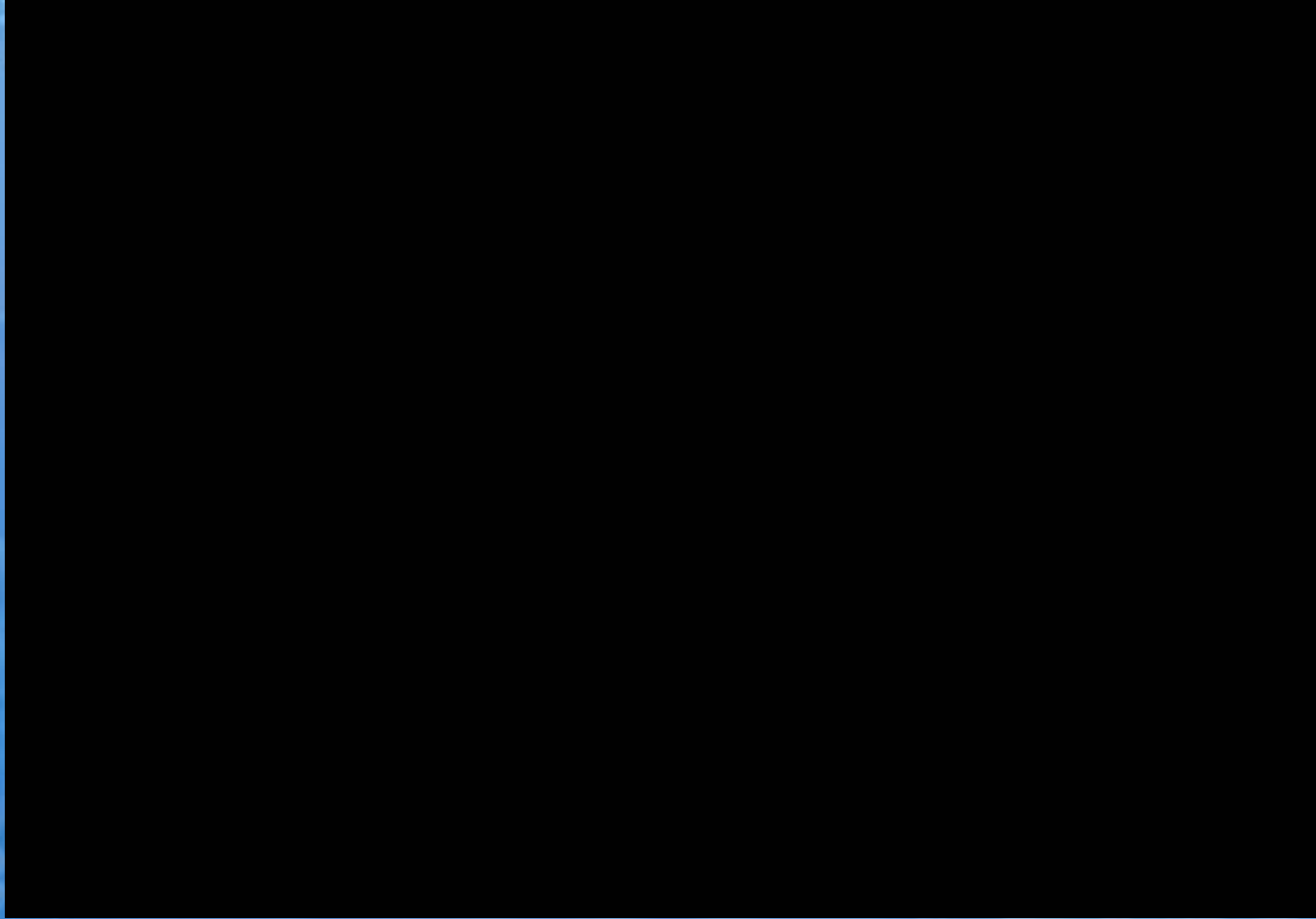
PEEP HOLE DRIVERS

**GET THE BIG
PICTURE,
CLEAR ALL ICE AND
SNOW BEFORE
DRIVING.**



**LEAVE EARLIER!
DON'T BE A PEEP HOLE
DRIVER!**

REMOVE SNOW FROM VEHICLE



WINTER DRIVING

2

**Assess
Hazards**

3

**Develop
Controls & Make
Decisions**

1

**Identify
Hazards**

4

**Implement
Controls**

5

**Supervise
& Evaluate**



Call for Road Info: 06371-47-2653 (COLD) or 480-2653 Listen to AFN Radio

Green

Normal driving for all vehicles.

Amber

Roads vary from mild to severe. Exercise caution. Possible snow of less than 4 inches, slush, packed snow, black ice, visibility 20-50 meters.

Red

Roads very hazardous. Use extreme caution. Possible snow of more than 4 inches, sheets of ice, drifting snow, visibility of less than 20 meters.

Black

Roads extremely dangerous. Possible snow of more than 8 inches, sheets of ice, visibility below 15 meters. Privately-owned vehicles should not be on the road.

WINTER DRIVING

- **SLOW DOWN - Triple your following distance from car ahead**
- **Stay in plowed lanes**
- **To switch lanes - Slow down, signal, and move over slowly**
- **Steer in the direction of the skid**
- **For braking use gentle pressure only**
- **Long drives are stressful, get 8 hours sleep prior and breaks every 2 hours**

Black Ice

- Dull Sheen on Road
- Frost on the Windshield
- Expect & Plan for Ice
- Bridges Freeze First
- No Cruise Control
- No Sudden Turns, Braking or Acceleration
- Increase Following Distance
- Have Good All Season or Winter Tires



How does indiscipline kill Soldiers?

➤The three most significant acts of indiscipline are speeding, not wearing seat belts and driving under the influence.

➤Indiscipline is a major contributing factor to privately owned vehicle crashes — the biggest cause of accidental death to Soldiers.

How does indiscipline kill Soldiers?

➤Army accident reports from the first three quarters of fiscal 2012 reveal nearly half the Soldiers who died on the road were speeding and lost control and crashed. Speeding reduces reaction time, increases stopping distances and makes it harder to maneuver a vehicle. According to the National Highway Traffic Safety Administration (NHTSA), every 10 mph you travel above 50 mph doubles your chances of dying in an accident.

➤Also, many Soldiers don't wear seat belts, a factor in nearly 30 percent of Soldier driving fatalities. Unrestrained, they were thrown into steering wheels and dashboards or through windshields or other windows. Unrestrained drivers and front-seat passengers double their chances of being killed or seriously injured, according to NHTSA — and there's an even uglier statistic. Ejected occupants are 25 times more likely to die than those who remain inside the vehicle.

➤Alcohol is the deadly ingredient underlying many acts of indiscipline, especially failure to wear seat belts. Drunk drivers are twice as likely not

WEAR YOUR SEATBELT!

Always wear your safety belt

**CLICK IT
or
TICKET**



A Law You Can **LIVE** With

COLD WEATHER SAFETY



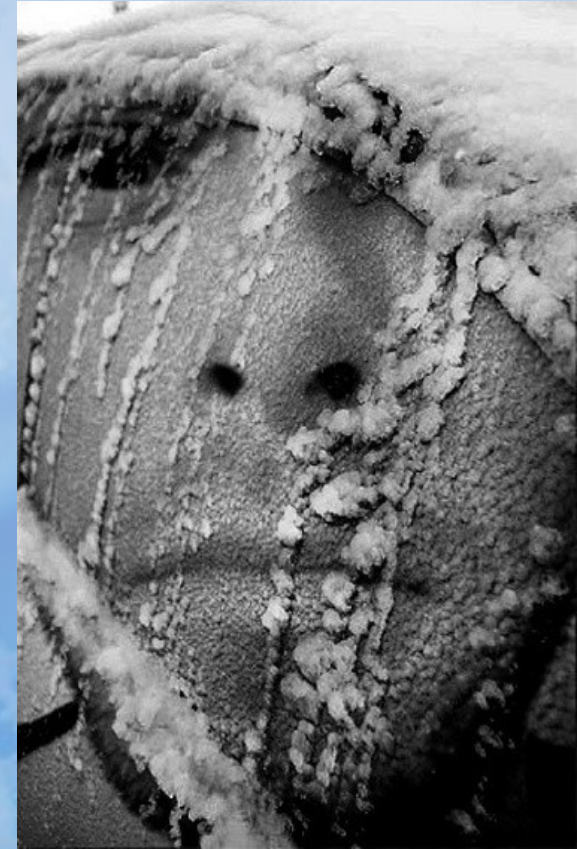
COLD WEATHER INJURIES

- Hypothermia
- Frostbite
- Chilblains
- Immersion/Trench Foot
- Dehydration
- Sunburn
- Snow Blindness
- Carbon Monoxide Poisoning



COLD WEATHER INJURIES

- **HYPOTHERMIA** - Lowering of body's core temp. Body heat lost faster than it can be generated.
- **COUNTERMEASURES**
 - Stay physically fit
 - Keep active
 - Wear clothes properly and keep them dry (wet clothes=colder)
 - Eat properly and often
 - Drink at least 3.5 quarts of water a day



COLD WEATHER INJURIES

COLD WEATHER COUNTERMEASURES

- **Do not wear tight boots and socks**
- **Use the “Buddy System”**
- **Carry extra socks and mitten liners**
- **Move - do not stay still for long periods**
- **Beware the wind chill**
- **Watch children carefully for signs of**
ite



Skin Freezes at 28°F

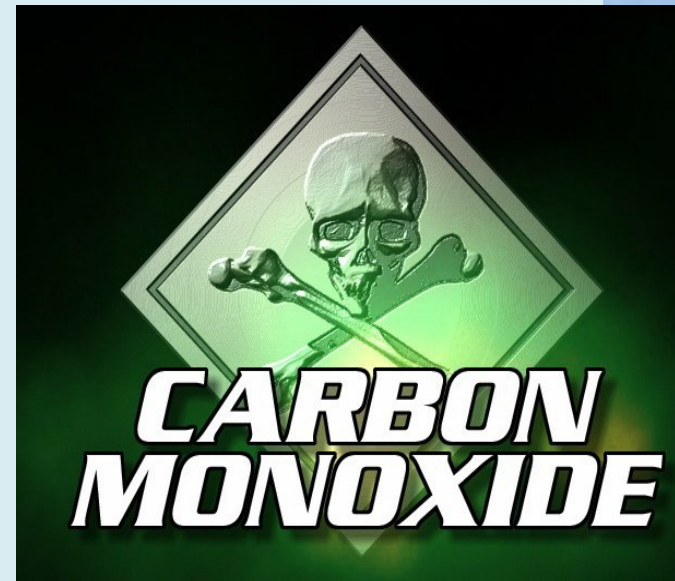
COLD WEATHER INJURIES

CARBON MONOXIDE (CO) POISONING - invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn. The possibility for poisoning exists whenever a stove, fire, gasoline heater, or internal combustion engine is used indoors.

SYMPTOMS: Headache, dizziness, confusion, yawning, weariness, nausea, ringing in the ears and bright red color on lips and skin

COMMON PREVENTION MEASURES

- Use only authorized heaters in well vented areas
- No sleeping in running vehicle
- Inspect heating system and fireplaces annually





Slips and Falls

- Leading cause of our lost time accidents
- Snow & Ice Removal Policy
- Have a detail planned to remove snow
- Remove snow then salt the surface



WINTER RECREATION SAFETY

- **THINK SAFETY WHEN PLANNING YOUR ACTIVITIES**
- **GET IN SHAPE AND KNOW YOUR LIMITS**



KNOW YOUR LIMITS



RECREATION SAFETY



Smart Move

- Dress right/wear protective equipment
- Ensure equipment is in good condition
- Know the hazards of the activity
- Follow established activity safety

KNOW THE TERRAIN



Video

RECREATION SAFETY

Take a Lesson

- Skier & snowboarder - lessons from a qualified instructor
- Key to safe skiing/snowboarding is: CONTROL

Be Aware:

- Watch for other skiers/snowboarders
- Snow conditions and changes
- Your technique
- Terrain (Ice)



RECREATION SAFETY

Dress in Layers

- Layers accommodate body's changing temperature
- Dress in polypropylene underwear, dries quickly, absorbs sweat and keeps you warm
- Wear a turtleneck, sweater and jacket

Eye Protection

- Always wear eye protection, glasses/goggles on slopes



RECREATION SAFETY

Be prepared.

- Mother Nature is unpredictable
- Bring a headband/hat
- 60 percent of heat-loss through the head
- Wear proper mittens



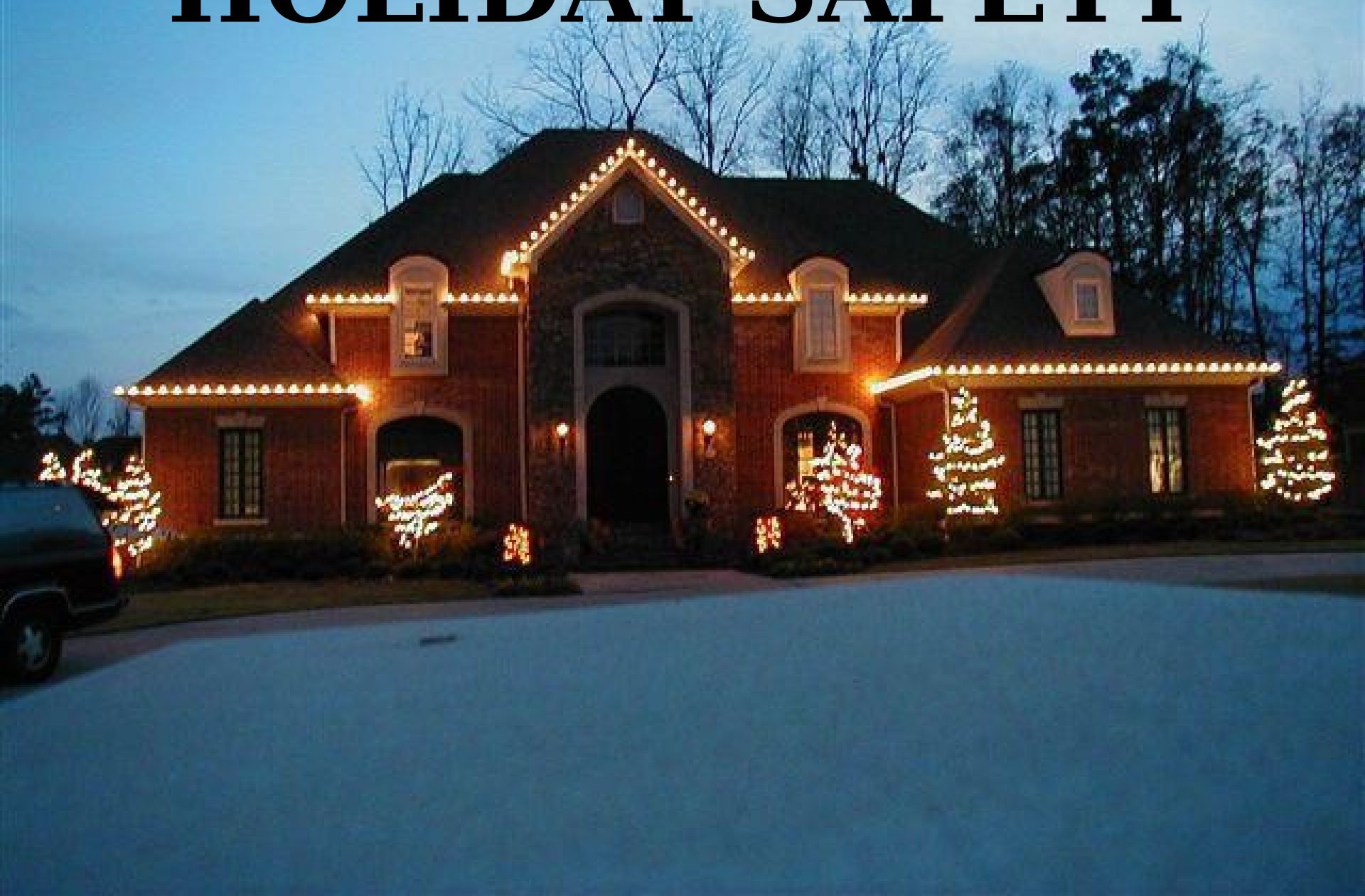
RECREATION SAFETY

Ice Facts

- Stay off the ice, unless known to be safe
- Snow hides cracks and weak areas
- Slush is a danger sign
- Never be on ice alone
- Use a buddy system

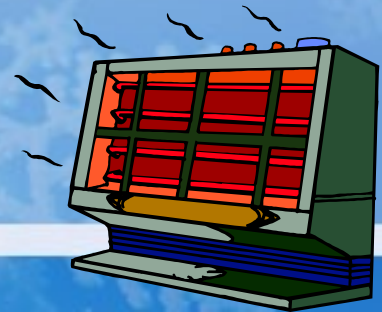
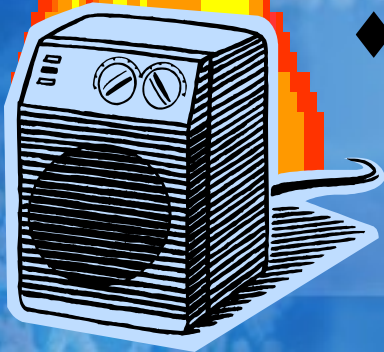


HOLIDAY SAFETY



HEATER SAFETY

- ◆ Plug heaters directly into wall socket, never an extension cord
- ◆ Place heaters where they can not be tipped over
- ◆ Never leave unattended
- ◆ Do not use heaters to dry clothes or other items
- ◆ Keep area around heater clear of clothing and combustible materials
- ◆ Does it have a tip switch?



HOLIDAY LIGHTS

- **Don't use tacks, nails or metal staples to secure light strands**
 - **Use insulated staples**
 - **Pre-installed hooks are safe and convenient**
- **Install lights without power (unplug)**
 - **Avoids shock if you touch overlooked exposed wire**
- **Fasten outdoor lights securely to protect from wind damage**

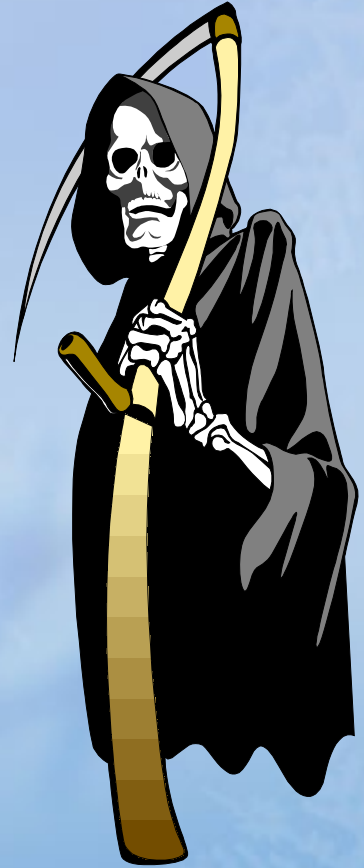
LADDER SAFETY

- **Fall Protection**
 - Use fall protection if working over heights > 10 feet
- **Ladder Safety**
 - Inspect and use ladder appropriate for the job
 - Second person to hold ladder



HAPPY HALLOWEEN

- **Kids vs. Cars:**
 - Be reflective or have lights
 - Stay on sidewalks
 - Have a parent with kids
 - No running
- **Costumes:**
 - Use fire retardant costumes
 - Keep candles, heaters, or other flames away from doors and walkways
 - Keep costume short to avoid trips



USE COMPOSITE RISK MANAGEMENT

ALWAYS





Don't Take Unnecessary Risk

**USAG-K SAFETY
OFFICE
493-4025**